



## Cucumber-Radish Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

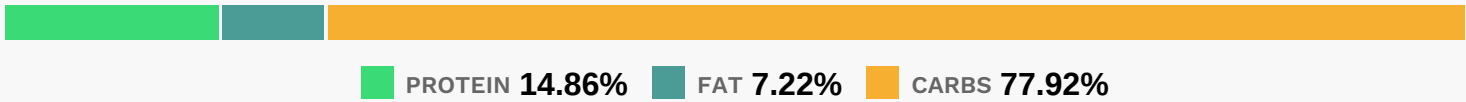
- ☐ 2 cucumbers peeled seeded chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 cup juice of lime
- ☐ 1 small onion minced
- ☐ 3 servings garnish: radish whole
- ☐ 6 ounce radishes grated
- ☐ 0.5 teaspoon salt

# Equipment

## Directions

- ☐ Stir together first 7 ingredients. Cover and chill, if desired.
- ☐ Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:56.67, Glycemic Load:1.6, Inflammation Score:-6, Nutrition Score:8.7334783336391%

## Flavonoids

Pelargonidin: 72.41mg, Pelargonidin: 72.41mg, Pelargonidin: 72.41mg, Pelargonidin: 72.41mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

## Nutrients (% of daily need)

Calories: 57.32kcal (2.87%), Fat: 0.5g (0.77%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 8.44g (3.07%), Sugar: 6.24g (6.94%), Cholesterol: 0mg (0%), Sodium: 437.82mg (19.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.65%), Vitamin C: 31.35mg (38%), Potassium: 601.74mg (17.19%), Vitamin K: 17.07µg (16.25%), Folate: 63.47µg (15.87%), Fiber: 3.77g (15.06%), Manganese: 0.26mg (13.22%), Vitamin B6: 0.22mg (11.18%), Copper: 0.22mg (10.77%), Magnesium: 39.75mg (9.94%), Phosphorus: 75.15mg (7.51%), Vitamin B5: 0.72mg (7.24%), Calcium: 65.53mg (6.55%), Vitamin B2: 0.11mg (6.24%), Vitamin B1: 0.09mg (6.15%), Iron: 0.92mg (5.1%), Vitamin A: 249.92IU (5%), Zinc: 0.72mg (4.82%), Vitamin B3: 0.44mg (2.19%), Selenium: 1.04µg (1.49%), Vitamin E: 0.17mg (1.1%)